



Seek help if stressed

By CHRISSIE DIAZ

From the first day onward, college is an exciting experience.

Moving to a new city, meeting new friends and starting a new program are just some of the things students expect now during their time of year. However, these new aspects may also stimulate stress. Balancing the challenges of independence and personal relationships is just one of the most common sources of stress among students.

"Students often feel overwhelmed with the college experience," said Barb Snyder, a counsellor at the Waterloo campus. "They need guidance."

"Choosing the wrong program and confusion with course selection are other common sources of stress. Students also develop poor sleeping habits and increasing worry, which increases the problem," said Snyder. Stress can lead students to

destructive behaviour which can damage both their mental standing and even their lives.

Students feeling stressed often begin self-medicating with drugs and alcohol," said Snyder. "Instead of reducing the stress that creates more problems."

When it comes to dealing with stress properly, there are many things students can do. Simple changes can make life easier, such as eating well, getting enough sleep and staying active. Faculty can also help students deal with stress.

"Offering personal development workshops can also be very helpful for students," said Snyder.

If you would like to talk to a counsellor go to Room 12000 in the Dowling complex or call 519-885-6020, ext. 1000.

FITTING IN SOME FITNESS



WORK IT OUT
The Dentistry College recreation centre is a great place to exercise, learn to get in shape. Above, last year students had an unopposed instant. For story and additional photos, see Page 10.

If an apple a day doesn't work, visit a campus doctor

By KARENNE ROBERTS

Just because you've moved away from home and are living independently, your primary doctor's name, that won't get sick or still need to see a doctor.

However, even though you may be far from your usual physician, Student Health Services has you covered.

"Many students at Waterloo are interested in going to the Health Services Centre whether they currently have a family doctor or not," said Chantelle Kersey by email. She is a registered nurse who works at Student Health Services at the Dowling campus. "The Health Services Centre looks like a regular family doctor's office. Most services are covered under OHSP. These are some services not covered under OHSP such as doctors' visits and dentist's physician. These services do require payment of the time of the service."

International students are also permitted to use Health Services provided they are

covered under the International Student Health Insurance Plan. Available on Health Services website.

• Annual drivers or third party physiotherapy.

• Urgent and acute medical care and treatment in non-urgent care environments.

• Prescription refills.

• Injury infections.

• Pregnancy testing.

• Doctor's notes.

• General health and lifestyle issues (e.g. smoking, stress management, birth control, alcohol or drug abuse).

There are currently two doctors on staff who are available for walk-ins each week with hours that vary from week-to-week. Students must make an appointment but can usually see quickly. Students may order a patient in a specialty if they are unable to meet their needs.

The past year, Health Services organized the Healthy Living Challenge,

2010 which covered orientation, physical activity, stress reduction and environmental awareness. Students participated in themed activities each week and collected stamps in their healthy living passport that earned them points for a draw.

"We hope to continue with this challenge annually," said Kersey.

Last year also brought some changes to Health Services in the form of HINI.

"HINI passed a great deal to our population that past year," said Kersey. "An information website was developed and posters were posted around the campus along with hand sanitizers. We also provided HINI vaccines along with several of the vaccinations free of charge for all staff and students."

For more info, a health officer assistant and the office staffs pretty busy and doctors are, on average, 20 people per day. Usually, the appointments are scheduled, but Health Services does take

walk-in and can accommodate emergency situations as those of a headache. When a student sees the doctor with falling and other tasks such as running up stairs, there are also tips

available. Although Health Services offers many options for students, most appointments are related to birth control issues such as pill prescription or counseling.

Student Health Services is located in Room 12000 in the Dowling complex and opens Monday to Friday from 8:30 a.m. to 4 p.m. Call 519-885-6020, ext. 3078 to learn more or schedule an appointment.

"Health Services offers a convenient service to students who may not be able to seek medical treatment while away at school," said Kersey. "We're here to listen to the physician."

PRESIDENT'S MESSAGE

It's an exciting time at the college

Welcome to a new academic year, a year that will be both good for you and for Waterloo.

We have just opened a new state-of-the-art integrated engineering program at the Waterloo campus — one for leading skills education and one other dedicated to the HWIC industry (Healthcare Information and Communications). Work is well underway on the new expansion to the School of Health and Life Sciences at Dowling plus the new home for the School of Engineering Technology and the final permitting, industry reviewing, etc., in Cambridge.

It is an exciting time to be at Waterloo. We are on the cusp of great things, but, I must add, I'd like to offer you some basic advice that will work well for you, no matter how busy your lives become.

At Cambridge, you may make mistakes, probably fail and apply yourself towards them, and you'll find that all of us here — faculty, staff and administrators — will make every effort to assist you in reaching that goal.

Here, you will gain valuable knowledge and skills to prepare for the world beyond Waterloo. Our faculty members have considerable experience in their respective fields and hold a lasting concern for your progress.

In pursuit of your education however don't forget that there can be other opportunities for you at Waterloo, namely extracurricular activities, volunteer and service opportunities offered by Cambridge Students Inc., on-campus clubs and groups and even professional associations. Opportunities linked to your program, of study. Your involvement and personal involvement will enrich your education.

It is indeed an exciting time to be at Waterloo, and all of us are delighted that you can be a part of it. Keep your mind a prior guide, today your time here and the many possibilities available in a college education. Waterloo awaits you. Best wishes for a great year.

John Tidmarsh,
President, Cambridge College

Now deep thoughts with Conestoga College

Random questions answered by random students

What advice would you give first-year students?



"Get involved."

The Goods,
athletics leadership
council

"Don't slack."

Kellieyn Schreier,
journalism prof



"Go to class."

Mark Beale,
mechanical engineering
technology

"Respect the cafeteria
Bring your lunch."

David Stevens,
law and security
administration



"It's not high school
anymore."

Jon Hartman,
architecture construction
engineering technology



Photo Courtesy: You could be our next featured

Respect Campaign continues to grow

BY JENNIFER ALLENBROOK

The Conestoga community is welcoming, inclusive and respectful, and even that is no small part to the Respect Campaign.

The campaign was designed to make people aware of how much of an impact being disrespectful has on others and to encourage students to treat each other differently.

"We try to provide an opportunity for all students to feel respected, and welcomed here, and the only way we can do that is with respect and help from students," said Ryan Campbell, student life programme.

The Respect Campaign

spreads their message through video presentations given in classrooms, displays at various college events and school events, such as Cultural Diversity Week.

If the Respect Campaign goes 100% Respect video presentations in their year, which almost doubled the impressions numbers from our first year. "The campaign is looking at the third year with the addition of five more Respect leaders."

"Students are able to learn from other students. It's such a great leadership and developmental opportunity," said Campbell about the leaders. They are Orlando Gait, animation and leisure services; Danielle Hughes, respiratory therapy; and Courtney

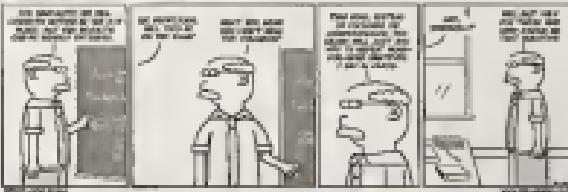
Ivy Gherme, James Paul public relations; Marissa Yousif, early childhood education; and Miss Katerinawic, police foundations.

"They're such a passionate team who really truly believe in the Respect Campaign message, and have so many ways been impacted by it at the past year," said Campbell.

The leaders will be using the campaign primarily to facilitate video presentations, but also to form a Respect student committee, host displays and talk to students.

For more information on the Conestoga Respect Campaign, or to find out how you can help, go to www.conestoga.ca/university/leadership.

DISCUSSION FORUM



Counsellor's Corner

Welcome from Counselling Services



To those students who are beginning their college career at Conestoga, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus.

We encourage you to take advantage of the many services that Counselling Services have designed to help you be successful! Professionally trained counsellors can help you resolve barriers that stand in the way of you reaching your educational goals. Arrange to see a counsellor if you have academic or personal concerns during your time at Conestoga. Groups and workshops are offered for such issues as performance anxiety, stress management and relaxation. Counselling is free, voluntary and confidential. We can also refer you to other College and community resources that can help.

To those students who are returning for another semester of study, welcome back! We hope the coming term provides fresh ideas and challenges, new friends and activities and brings you closer to your academic goals! Come and see us in Counselling Services if we can help in any way.

**Counselling Services: 1A101
Student Life Centre**

CSI is here for you

By ALICE O'BRIEN

As a student attending Conestoga College, you are privileged to have Conestoga Students' Inc.

What is CSI?

It is the No. 1 student association on campus, used for all other student associations since the previous.

CSI funds students after-hours events such as pub nights, battle of the band competitions as well as many other forms of student entertainment both on and off campus.

Cheer Convos was the 2009-2010 CSI vice-

president.

Business Convos graduated in June, he was for a Convos in the 2009-2010 members year. He said he's slightly jealous of new students.

I wish I was starting now," Convos said. Reminiscing when he started his studies at Conestoga five years ago he was amazed at the transformational time campus has undergone. "It's been a life changing experience," he said. "I don't recognize the place."

CSI has also changed its structure under Coll president Robert Murray.

The planner has introduced stronger policies for Convos.

Tara Horvath, who just finished her first year as event co-coordinator for CSI, feels a sense of accomplishment as well as excitement for possibilities that coming year.

"This whole year was a learning curve," Horvath said. "Not I learned every day."

Horvath, who organized the 2010 Polar Plunge for the Canadian Cancer Society, has many new Fresh Fundraising ideas.

Included, but not yet in store, is an art auction. Meant to showcase the numerous talented artisans in the field of fine crafts, the possible fundraising event will display students' work for purchase.

I'd also like to have an outdoor concert with multiple bands and speakers.

A new one in the spring of 2010 was the CSI So You Think You Can Dance competition which will be received, not as an event that will be repeated in the future.

CSI also brings you CSI Services, consultants located next to the CSI office, which are made free!

For 10-cent a page, staff will do your photo-copying for you (no 10 cent fee either).

Have more interesting to do?

No problem. Luminaries are also done at the CSI Services office.

CSI possibly employs current students to work in the office.

If you need a fax machine, and need help making a fax, CSI can help there too. Faxes can be sent free of charge.

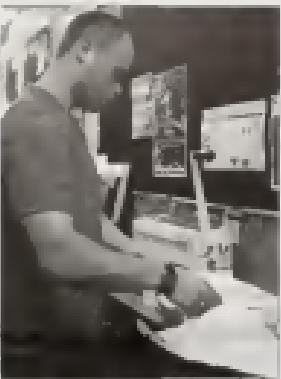


PHOTO BY ALICE O'BRIEN

Last semester mechanical engineering technology students had education student Kyle Ward helped out there at the CSI Services office. Staff are on hand to help students with photocopying, sending faxes and other events.



PHOTO COURTESY OF CSI

General arts and science students presented Convos McGovern representative Tara Horvath, second from right, with a cheque to help send kids to the camp. From left are students Andrea Leeman, Olivia Depardo, Rudy Pichot and Michael Gareau.

Students help send kids to camp

When the general arts and science student committee held a presentation about the need for money to help send children to camp this summer, they accepted the challenge and raised \$3000 within two weeks.

The money was presented to Ken Brooks, a board member with Camp McGovern and a faculty member in liberal arts and sciences.

After 20 years as a program of K.W. Big Brothers Big Sisters, Camp McGovern has become its own charity. The funds donated will all be used to support the children's summer fundraising camp.

The general arts and science students have adopted this program as their initiative to give back to the community.

The camp offers self-sufficiency and respect for others, a unique potential for personal growth and career development, teamwork, mentoring and leadership.

shop development - all qualities the general arts and sciences students believe their educational programs at Conestoga College should offer.

"The students immediately related to the camp mission and embraced the opportunity to apply the skills they learn through their courses in a meaningful way," said Debbie Cox, co-chair of the general arts and sciences.

"The enthusiasm and genuine expression of support from the general arts and sciences students was encouraging, and they have already started planning their next fundraising event for the fall."

The plan is to be able to sponsor five children next summer.

General arts and science students will hold various fundraising events throughout the year to raise money toward this goal.

Waterloo Campus - Orientation 2010

Welcome

- Trades and Apprenticeship
- Culinary, Hospitality & Tourism
- Event Management
- English Language Studies
- Preparatory Programs
- Continuing Education
- Corporate Training
- Career Centre

Volunteer as a Peer Conversation Partner!

Meet with an international student to help them practice their conversational English.

- On campus
- One hour per week
- Flexible around your schedule
- Great addition to your resume
- Learn about other cultures
- Build new friendships

Applications are available at the front desk in the Learning Commons (L1010)

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WWW.COMICS.COM

GOALS

卷之三

MUSICAL
SUGGESTIONS

卷之三

**NEW LOCATION
OUTSIDE THE
SANCTUARY**

BREAK FREE AT THE POND PARTY

**WEDNESDAY FREE BBQ
SEPT 08, 2010 11AM - 2PM**

¹⁰ See, for example, the discussion of the "right to privacy" in the Supreme Court's decision in *Griswold v. Connecticut*, 381 U.S. 479 (1965).

There's lots to do in the K-W area

ENTERTAINMENT

Welcome to K-W

We're at Waterloo River, Kitchener or Waterloo. We're definitely not London. We're better than all of those cities.

Have you ever been coming down the Grand Loop? Have you been to the Chippewa Ski and Summer Resort? What about Kitchener Memorial Auditorium?

The young Kitchener Rangers were a delight to watch with the likes of Jeff Stammer, Brenden Maxwell and captain Ben Kelly leading the team into the OHL playoffs. This year the Rangers' season will get underway around the middle of September. The arena they play in is called The Kitchener Memorial Auditorium, or The Aud. Located at 880 King St. W., The Aud opened in 1981, and has since hosted the Memorial Cup four times. The Dom Carlucci arena, the ice rink the Rangers play on, now seats up to 3,000 people.

Another place of interest is about a 15-minute drive from the auditorium. Why not head down to the old Waterloo train station, where you'll have an opportunity to see and ride on an old train which will take you on a tour of the region? For \$12, a student (the lowest) train will make stops in St. Jacobs, the quaint little town just the south east of Waterloo, the name changing and at the St. Jacobs Farmers' Market, another stop in our region where you'll find great handicrafts and historic vendors ready to sell you crafts, fruits, veggies and more. The train operates Thursdays and Saturdays in September, and just Saturdays in October with special dates incorporated.

After your Student train ride, make yourself visible at one of our malls in the area. Fairview Park Mall is a 10-minute drive from Dom Carlucci, and features an IKEA, Sears, Walmart and Conestoga. The food court in the mall is starting to get a bit crowded, but will have the new "fast food chain not fast-food" food that students like. There's the newly re-created Conestoga Mall with new additions such as Obernkirchen Inn and Grill, how can you go wrong? The mall was expanded to include stores such as Park, a branch of Victoria Secret, and the Rocky Mountain Chocolate Factory to satisfy that sweet tooth.

Welcome to Conestoga College!

Are you a first year student, in the first semester of your program?

Is your parent or guardian a graduate of Conestoga?



You may qualify for the
Welcome Home Award,
sponsored by the
Alumni Association of Conestoga.

Visit us online:

<http://www.conestogac.on.ca/alumni/conawards.jsp>
print and complete the application form and drop it off at
the Alumni Services Office, 2nd floor, Student Client
Services Building (same building as Registrar's Office).

Connect

Leadership Workshop Series

www.conestogac.on.ca/leadership

Co-curricular record of achievement
on your transcript!

Explore your leadership potential!

FREE!

Enhance your Portfolio!

Get involved!

Meet new people!

Sign up on the Student Portal! Registration opens Tues.

Student Life



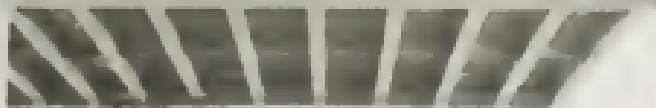
Anything But Clothing
Pub Night commences at
9:00pm on Thursday
September 9th, 2010
in the CSI Student Lounge
tickets costing just \$3.00
each can be purchased in the
CSI Self Service Area Room
2408. Advance Sales
Only. This is an All Ages
Event, although Proper I.D.
+ Student Cards are required

We suggest using a creative
mind while selecting wearable
options to attend this con-
troversial event. Please be
sure not to overlook everyday
wearable items including, but not limited to: newspapers, garbage
bags, duct tape, cardboard boxes,
bedsheets, curtain tape, etc. We look forward to
seeing you and your
questionable fashion.

Anything But Clothing

September 9th, 2010 Doors at 9:00pm
3:00 Advance Sales Only! ROOM 2408
PUB NIGHT

ALEXISONFIRE



SATURDAY
SEPTEMBER 18

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\$15.00  \$20.00 | 6:00PM | VISIT:

ADVANCED  AT DOORS | ALL AGES

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www.conestoga.ca • Waterloo's Youngest Under 25 Magazine • \$10.00 per issue • ISSN 1485-222X
ADMISSION: Advanced Tickets \$15.00 Adult Seats. Box Office prices subject to change until 120 days prior to concert.
PICKUP: Box office will remain open one hour before concert. Take I-90 from east or westbound highway 401.



Above: Ocean Valley Golf Course as seen from the air. Below: Students getting off a helicopter.



Student Life

The University of Wisconsin-Milwaukee offers a variety of student activities and organizations. From sports clubs to academic societies, there's something for everyone. Check out our website for more information!

Events

Upcoming events include:

- Homecoming Week (September 1-7)
- Midwest Film Festival (October 11-13)
- University of Wisconsin-Milwaukee Homecoming (October 18-20)

Student Organizations

Join one of our many student organizations today! Some popular ones include:

- Student Government Association
- Student Activities Board
- Student Health Services
- Student Center

Student Support Services

We offer a variety of support services for students, including:

- Counseling and Psychological Services
- Student Health Services
- Student Financial Services
- Student Activities Board

Student Publications

Check out our student publications:

- UW-Milwaukee Student News
- UW-Milwaukee Magazine
- UW-Milwaukee Yearbook

Student Activities

Get involved with our student activities:

- Sports Clubs
- Academic Societies
- Student Government Association
- Student Activities Board
- Student Health Services
- Student Center

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PHOTO BY NICKIE HAHNUSCH

OFF TO A FLYING START

Genesee College has partnered with Great Lakes Helicopters to offer students the option of getting their commercial helicopter license as part of their aviation arts and sciences minor. The program starting this September allows anyone interested in the new helicopter option will have the same academic requirements as those in flying-wing aircraft, but will complete their training through Great Lakes Helicopters instead of the Wisconsin-Bellin Flight Center. Both are located at the Regional of Milwaukee International Airport. Above, journalism print producer Nicole Hahnusch, center, received a certificate made famous by *Star Trek* in one of the academy's hangars. She photographed this unique certificate just before becoming the first accomplishment by Genesee College art, information studies assistant for the School of Liberal Studies and Communications, who has been involved in overseeing the negotiations with Great Lakes as well as photographing the "logistics" step for the new program, said Perry Tommisen, administrator of the aviation program.

PHOTOS BY NICKIE HAHNUSCH



He hopped onto Gary Richter, above, took his passenger for a scenic tour involving a bird's-eye view of a field, below.



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Rec centre has a lot to offer

By LISA BUCHER

The Oneonta College recreation centre provides a great opportunity for new students to become involved, meet new people and get active. All you need is a full-time Oneonta student status to gain access to the facilities.

Full-time Oneonta students pay a number of membership fees including a recreation fee of around \$125 a year that provides access to the recreation centre for the academic year and also offers the cost of the intercollegiate athletic program and intramural programs. Students from other campuses can purchase a student membership from the recreation centre for the same price.

Students can participate in intramural, varsity and extramural sports, go skating or play ball. Faculty students also have access to the weight and cardio room, two aquatic rooms and two



PHOTO BY LISA BUCHER

Martin McElroy works out in one of the bikes at the Oneonta College recreation center. Students have access to a weight and cardio room as well as aquatic rooms.

play ping pong tables and use free equipment to use at the facility.

The gym has cardio equipment, including cardio trainers, elliptical trainers, tread mills, bikes and stair climbers. As for the weight equipment, they have free weights and benches, body parts specific to track and field, power ropes, resistance bands, hand balls, kettle bells, medicine balls, skipping ropes and more.

There are more variety free areas in a player's station in front and Robin McDermott, athletic technician, "There is a performance board for the intramural side which is reviewed once the season is complete to try to ensure the teams are showing up and playing fair."

McDermott said most intramural fees are \$45, but it is \$800 for rugby. The additional intramural fees varies each year.

Students can also rent a locker for \$15 a month or \$150 a year, but they are responsible for providing their own locks.

For more information, call the recreation center at 619-786-2812.



PHOTO BY LISA BUCHER

The Oneonta College rugby team poses for a photo at the school's inaugural fall last semester. This year will be a rebuilding year.

It's time to try out for a varsity team

Sports include soccer, rugby

By LISA BUCHER

Another school year is underway and that means the Oneonta Panthers are ready to roll right.

Athletes need not wait any time as tryouts for most sports begin right in September.

For tryouts information on tryout times and practice schedules check the rec center or the Oneonta College website's varsity sports page www.oneonta.edu/recdept/sports/ and recreation center bulletin boards around the school.

Something else we are hoping to do is to run a couple of tournament days throughout the year," said Kara

Long, while the Seniors won't play all the way to Nationals and proved to be the best team in the country in the year's bracket.

Oneonta's cross-country team has been well received this last few years with standout performances like Brian Stewart's win as Commonwealth athlete of the year for 2006/2007 after running very well all season and finishing first in previous years.

Last year, Jason Smith finished first at the GCAA (Great Lakes) for Oneonta.

Cross country is a team sport in the GCAA with each member's race contributing to the overall point total.

The Cross Country team's football team has a history of success on the GCAA. The team was three-peat champion in the late '80s and back-to-back winners in the mid '90s. Unfortunately, they haven't been able to repeat that success in the last few years.

The lady's softball team competes in a single division with teams from Auburn, Seneca, St. Clair and Mohawk. The St. Clair Rams have taken the championship the last few seasons.

Countrymen men's golfers are back again where individual goals have been accomplished but the team is still looking to win its first championship.

The men's and women's outdoor soccer teams both started off the year divisionally last season. Playing just short of three rounds, the Panthers finished.

Champlain's coach Jeff D'Amato said about half the team was before the end of the season.

"They didn't start for everyone," he said.

Get active and have fun through intramurals

By LISA BUCHER

Starting off the school year can be hectic, and making the transition from high school and home to home in being off on your own as a college student can be a huge step. But once you figure out your schedule and become accustomed to your new daily routine, you can add some variety to it.

Oneonta offers many intramural activities for

those who love to play sports for simply the joy of the game.

The college will be running many different intramural leagues such as soccer, football, basketball, tennis, dodgeball, volleyball and rugby. Anyone can sign up to play one of the sports, either as a team or individually.

"Something else we are hoping to do is to run a couple of tournament days throughout the year," said Kara

McElroy, athletics facilitator. "Football, basketball, badminton and tennis are popular."

Intramural sports have to sign up and when each sport will be running will be posted on the college's recreation center website, www.oneonta.edu/recdept/sports/ and recreation center bulletin boards around the school.

For further information contact McDermott at kmcderm@oneonta.edu.



Welcome to Cohesetoga's Trades and Apprenticeship Centre - Guelph Campus for Business, Health Sciences, Native Power and Industrial Radio

Apprenticeship

- Automotive Service Technician
- Truck and Coach Technician
- Hillbrite
- Hotel Front Desk

Access & Preparatory Studies

- Academic Upgrading
- Discover Your Future
- Focus for Change

Business

- Business Foundations
- General Business
- Office Administration – General
- Office Administration – Executive

Cohesetoga's Career Centre/ Employment Ontario

Employment Services

Trade Certificates & Diplomas

- Health Power Fundamentals
- Automobile Service
- Truck and Coach
- Truck Driver Service
- Heavy Equipment Operator
- Heavy Equipment Technician
- Industrial Maintenance Mechanic
- Mechanical Technologies – Emerging
- Health Power Fundamentals
- Resting Room
- Reading Comprehension Technician
- Manufacturing Engineering Technology
- Printing and Publishing

Continuing Education

Corporate Training

- Health Sciences Personal Support Worker
- Off campus Village of Kemptville, Ont., Woodstock, Ont.

Peer tutors available

By KATHLEEN WILHELM

Students helping their fellow students in the area behind the scenes to improve progress available at the Conestoga College Learning Commons.

For those looking for support and help to better understand the key concepts within a particular subject, peer tutoring is offered for a fee of \$10 for five hours of one-on-one sessions. The service is also available for small groups.

"If you have a few friends who would like to be involved with the tutoring you can sign up to work with a tutor in a group," said Amy Culver, a peer services officer at the Learning Commons.

The tutoring positions are paid jobs and current year students are selected based on their first year academic performance and faculty recommendations. Although most students are approached over the summer about the possibility of becoming a tutor, applications are still accepted in the fall.

"We also have peer-supported learning groups which are held led by a tutor, but not from a specific course," said Culver. "For example, we have a group for anatomy help. Anybody who is in that course and looking for extra help can come out to the session every week and it's free to them."

Volunteers are always welcome to take part in the peer communication partners program that matches

native English speakers with English as Second Language students in order to allow the latter an opportunity to practice their listening and speaking skills. In addition to one-on-one meetings, various activities allow participants to get together to take part in a larger group discussion.

"The meetings are a chance for us to talk and learn some new words and many slang terms. They are told about the college and get to know their local community. Recently, QSL students can now have some support in the college."

Volunteers for the various programs also gain a lot from taking part in the peer services programs because the opportunity to give back to the school community, Culver said this type of volunteering looks good on a resume. For those pursuing a career with the public after graduation such as the police or social services.

In addition to peer services, the Learning Commons also offers many other programs to assist students in their academic careers including writing lab instruction, extra help with computer applications and library skills testing.

The Learning Commons is located on both campuses at Room 2440B and those interested in getting more information or booking an appointment can do so by calling ext. 6170 or 6172 or 6174 or 6176 or visiting www.conestoga.ca/learning-commons.

TECHNICAL TEAMWORK



PHOTO COURTESY

In addition to annual exhibitions of their-year technical projects demonstrated performed by Conestoga students, was held at the college prior to the summer break. Approximately 200 students from a variety of programs, including mechatronics, telecommunications, software engineering, and industrial/mechanical showed off more than 25 projects. Above, from left, students Stewart Cooper, Ian Price, and Weston Kington stand by their project called the Optivex, a remote-controlled device designed to virtually monitor trees, visually present and incident friendly. Other team members were Michael Chantler and Jason Hill.

**At Conestoga College
we want you to**

**Be the difference.
RESPECT**

We are proud to have a campus community that is respectful, welcoming and inclusive to all. As we welcome you to our community, it is important for all of us to collectively recognize what Respect looks like in our community.

At Conestoga, Respect is the understanding that we share a common currency and a behavior of respect for all of us.

- We have the ability to agree and disagree civilly
- We consider the needs and opinions of all people in the college community
- We do not allow any racism or discrimination

Through leadership and positive role modeling, we have the opportunity to impact our community and build a respectful environment for everyone.

We encourage you to take a look through the Respect website and see the myriad of resources available for your use and college pride that reinforce our message of Respect.

We already have a great and respectful community at Conestoga. We welcome you to be a part of that and to Be the difference. Respect!

Visit the Respect website:
www.conestoga.ca/respect



Learning Commons

To make an appointment:

Waterloo Campus: Visit or call 519-885-1250 ext. 6170-6174
Galt Campus: Conestoga Annex 6170 or call 519-885-6000 x 6188
Waterloo Campus: Conestoga Annex 6170 or call 519-885-6000 x 6124



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